



Assessing diet and lifestyle in the Canadian Arctic Inuit and Inuvialuit to inform a nutrition and physical activity intervention programme

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Abstract:

Inuit in Nunavut (NU) and Inuvialuit in the Northwest Territories (NWT), Canada, were traditionally nomadic peoples whose culture and lifestyle were founded on hunting and gathering foods from the local environment, primarily land and marine mammals. Lifestyle changes within the last century have brought about a rapid nutrition transition, characterised by decreasing consumption of traditional foods and an associated increase in the consumption of processed, shop-bought foods. This transition may be attributed to a multitude of factors, such as acculturation, overall food access and availability, food insecurity and climate change. Obesity and risk for chronic disease are higher in the Canadian Arctic population compared with the Canadian national average. This present review describes the study population and methodologies used to collect data in order to study the nutrition transition amongst Aboriginal Arctic populations and develop Healthy Foods North (HFN), a novel, multi-institutional and culturally appropriate programme that aims to improve dietary adequacy and reduce risk of chronic disease. Included in this special issue of the Journal of Human Nutrition and Dietetics are papers describing dietary intake patterns, physical activity levels, dietary behaviours, chronic disease prevalence and psychosocial factors that potentially mediate behaviour. A further paper describes how these data were utilised to inform and develop Healthy Foods North.

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Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience:

audience to whom the resource is directed

Public

Exposure :

weather or climate related pathway by which climate change affects health

Climate Change and Human Health Literature Portal

Food/Water Security

Food/Water Security: Food Access/Distribution

Geographic Feature: 

resource focuses on specific type of geography

Arctic

Geographic Location: 

resource focuses on specific location

Non-United States

Non-United States: Non-U.S. North America

Health Impact: 

specification of health effect or disease related to climate change exposure

Cancer, Cardiovascular Effect, Diabetes/Obesity

Intervention: 

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Mitigation/Adaptation: 

mitigation or adaptation strategy is a focus of resource

Adaptation

Population of Concern: A focus of content

Population of Concern: 

populations at particular risk or vulnerability to climate change impacts

Children, Low Socioeconomic Status, Racial/Ethnic Subgroup

Other Racial/Ethnic Subgroup: Inuit

Resource Type: 

format or standard characteristic of resource

Review

Timescale: 

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment: 

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content